

NAMS issues first comprehensive recommendations on care of women at menopause and beyond

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The North American Menopause Society (NAMS) has published its key, evidence-based recommendations for the comprehensive care of midlife women—on everything from hot flashes to heart disease. The special feature, "The North American Menopause Society Recommendations for Clinical Care of Midlife Women," was published online today in the Society's journal *Menopause*. This is the first, comprehensive set of evidence-based recommendations for the care of midlife women freely available to all clinicians who care for women at this stage of life.

More information: www.menopause.org/clinrecs

Provided by The North American Menopause Society

"Given the significant controversy and new research findings related to hormone therapy and other treatments for midlife women, this guide is greatly needed," says Dr. Jan Shifren, president of NAMS and a practicing gynecologist. "This succinct and evidence-based guide to [clinical care](#) will improve the understanding and management of women's health at this critical stage of life."

The key points and clinical [recommendations](#), which are graded for their level of evidence, were carefully reviewed for accuracy and relevance, edited, and approved by an editorial panel of experts in midlife women's health from a wide range of specialties, including gynecologists, internists, medical and reproductive endocrinologists, cardiologists, neurologists, psychiatrists, psychologists, dermatologists, oncologists and counselors. The 2013-2014 NAMS Board of Trustees provided a final review and approval of the key points and recommendations.

"This very practical publication includes key points and recommendations for care on more than 50 important topics, including such key issues as vasomotor symptoms, osteoporosis and genitourinary syndrome of [menopause](#)," states Dr. Margery Gass, executive director of NAMS.

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